

**ABSTRACT OF THE DISCLOSURE**

A connecting rod of an internal combustion engine, comprising a connecting beam section serving as a main body of the connecting rod. Big and small ends are located at the opposite ends of the connecting beam section. A first joining section is located between the connecting beam section and the big end to connect the connecting beam section and the big end. A second joining section is located between the connecting beam section and the small end to connect the connecting beam section and the small end. In this connecting rod, each of the first and second joining sections gradually and continuously decreases in cross sectional area toward the connecting beam section and has a strength distribution in which a strength increases with a decrease in the cross sectional area.